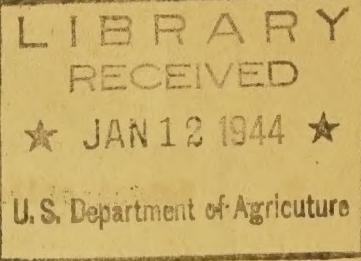


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NARRATIVE TO ACCOMPANY SILENT VERSION OF
UNITED STATES DEPARTMENT OF AGRICULTURE
16-MILLIMETER KODACHROME MOTION PICTURE



A FOR HEALTH AND HAPPINESS

Extension Service

NOTE: The person who is to show the picture should study the narrative, then have a preview of the picture and practice reading the narrative so that it fits the action.

The episodes are listed in the column at the left of the page; the narration at the right. Except as otherwise noted, reading of the narration for each scene or sequence should begin immediately when the corresponding scene appears on the screen.

Episodes

Narration (start as boy gets out of canoe).

- 1.a. Older boys and girls canoeing.
As canoe touches bank, boy helps girl out.
- b. Boy and girl stand on bank.

1.a. We shall show you in this film typical examples of children who have been well brought up--- the kind who grow to be strong, healthy, and happy, like these young folks.

b. Sturdy growth, joyousness, contentment in life and vigorous health for the children of today will build men and women of tomorrow with strength of body, nerve and mind, and thus a better chance to get the most out of life.

2. School children playing.

2. (Begin as 1-b fades out.)

These healthy school children, from babyhood, have had right food, sunshine, companionship, and intelligent care. Your child can have all these too.

3 a. David standing with ball

over head.

3 b. Head to foot view of David, showing points mentioned in narration.

3 a. Do you really see your child when you look at him? Look at David, age 9.

3 b. Note his glossy hair. . . good color. . . and broad chest, with room for his lungs to breathe.

David shows no curves or enlargements of bones, of ribs, knees or ankles due to poor bone growth. . . He has well-shaped knees. . . straight legs . . . strong feet with small ankle bones, fine arches, and straight toes.

(No pause)

c. David pushing lawn mower (short scene).

c. David has good muscles and uses them well; and he is well, because his parents have given him a chance from infancy.

4 a. Milo, 3-month-old infant, at the breast.

4 a. Like David, little Milo has been breast fed since birth. Breast food is baby's best food.
(No pause)

- 4 b. Milo, on table in the sun
(short scene).
5. Helen on her mother's lap.
6. Bill on the bed creeping
toward his mother.
(short scene).
7. Jean on the grass, creeping
(short scene).
- 8 a. Ann, front view holding to
mother's hand.
- b. Ann, back view, standing with
doll carriage.
- c. Ann, profile, standing with
doll carriage.
- 4 b. Milo, 3 months old, getting his
daily exercise. Already he raises
himself up.
5. Helen getting her sunbath. At 3
months her back is well shaped. She
holds her head erect. The straight
lines down her side show good de-
velopment.
6. Watch 7-month-old Bill pull himself
up. Don't jump your baby up and
down until he does it himself.
7. At 10 months small-boned, beautifully
developed Jean gets her exercise.
Give babies plenty of space to creep.
- 8.a. At 13 months Ann takes her first
step alone. See her broad chest and
fairly flat tummy, though she has
just had her dinner.
- b. Ann loves to stand holding to the doll
carriage. Note her nice straight
back - - - - -
- c. And the straight lines down her
side. Ann has a well-shaped head,
good color, and abundant glossy
curls. (Short pause.)

9. Jimmy and Ann standing at table, then Jimmy alone.
10. Preschool children playing. (short scene).
11. Tall girl and shorter boy, same age, pulling "kiddie car."
- 12 a. Several scenes of Karl.
- b. The scene with dandelion is rather long followed by a short one in which he looks up and opens his mouth to show his teeth.
- 13 a. Patsy, short and slender, on the "teeter" with Karl, shows the best muscular coordination of any child in the group.
- b. Patsy standing with ball over head, then rolling on it, scrambling after ball on hands and knees.
9. Jimmy, same age as Ann, is stockier. His bones and muscles are heavier. He walked sooner, partly because he had more chance to creep.
10. All of these preschool children have been well fed since birth and have always had good appetites. (No pause.)
11. Agnes and Karl, both 2-1/2 years, but of different size and coloring. (No pause.)
- 12 a. Karl has a well-shaped head, glossy hair, and a very good color.
- b. As he watches his dandelion sail away, presently, see what fine teeth he has. How straight and even they are in his broad, well-developed jaw, which gives plenty of room for his second teeth. (No pause.)
- 13 a. Joycous, fairylike Patsy, is a beautifully developed child who rejoices in activity. (No pause.)
- b. Patsy at 4 years knows her foods. She told her aunt, "I mustn't drink cocoa, tea, coffee, coca-cola--nothing but milk."

14. Three little girls at table. 14 Patsy is serving milk to her little friends. . . . Patsy and dark-haired Marilyn are both 4 years old. Marilyn is taller and broader than Patsy, but has poorer muscle coordination.
- 15 a. Brother and sister on jungle "gym." 15 a. Bobby, 6, and his sister, 4, have well-grown bones and strong muscles. What good control they have of them! (No pause.)
- b. Hanging by his hands, Bobby stretches back and ribs. b. Bobby's perfectly developed chest and ribs give plenty of room for breathing.
- (Short.)
- c. Bobby looks up and shows his teeth; smiles at audience. c. Bobby, also, has well-spaced, even teeth in a well-developed jaw.
- 16 a. Group of older school children playing with balls. 16 a. Note these happy 7- to 11-year-old children.
- b. Two 7-year-old girls, showing contrast in build at same age. b. Barbara, in the foreground, is well developed, tall, with broad shoulders. Joan, too, is well developed, but short and stocky.
17. Older school children passing ball to one another. 17. This older group shows differences in size and build. Small Harriet in the center is 9 years old, and Marilyn, the largest, is 13.

18. Two boys tossing ball back and forth. Shows marked contrast in size and body type (longer scene).
19. Jean climbs a pole and slides down again. Stands a moment at foot of pole.
- 20 a. Allen and Betty pulling on a rope.
- b. Allen chinning himself on bar. Front and side view.
- 21 a. Mother and two small children picking beans (very short scene).
- b. Short flash of father and little girl carrying basket of eggs from barn.
18. This is David, 9 years old, and Don, 12. Don is the thin, wiry type. David, whom we have met before, is heavy. (Pause.)
19. Jean, 11 years old, shows beautiful development and excellent control of her muscles . . . and is a lovely looking young creature . . . because from infancy she has everything that helps to make a beautiful human being.
- 20 a. Allen, 14, and his sister, 13, illustrate the race-horse type with long slender bones and muscles. Still growing rapidly, they need plenty of the right kind of food and rest.
- b. Allen shows excellent control of his long slender muscles, carries himself well, breathes well. His charming smile shows vitality and joy in living.
- 21 a. (Begin during fade-out.) These children helping mother to pick vegetables get many kinds of nourishment--fresh air, sunshine, vegetables, . . . eggs too. (No pause.)

22 (a) through (o) show food

groups included in BHE folder,

"Eat the Right Food."

Scenes are very short. The narration must be brisk but not hurried. Speak very distinctly. Pronounce the introduction "Now note the following necessary foods" without pausing, after the last words of 21--"eggs too."

22 Now note the following necessary foods:

- a. Milk--the best bone-building food for all ages.
- b. Oranges--an excellent source of vitamin C. (No pause.)
- c. Also tomatoes and cabbage.
- d. Potatoes--a cheap source of iron, vitamin C and energy. (Very short.)
- e. Green and yellow vegetables--strained of course for babies.
- f. Dried beans--for blood and muscle. Not for young children. (Speak a bit faster.)
- g. This cut of beef costs little. Pig's liver, also cheap, has all this cut has plus all of the vitamins. Strain liver for babies.
- h. Dried fruits--strained, of course, for baby.
- i. Fresh fruits, too.
- j. Bread--whole grain after about 2 years.
- k. Whole-grain cereal like rolled oats, with milk, is fine for breakfast. Strain for baby. (Short.)
- l. Eggs--if you can afford them--one a day for children.

22 m. Salmon or other fat sea fish, a cheap

protein food. The strained oil can

take the place of some of your

cod-liver oil, even for baby.

n. Bacon--an appetizing energy food,

good for growing boys and girls.

(Short.)

o. Sweets--should give more than just

energy. Molasses and brown sugar

give some iron. White sugar does

not. (Short.)

NOTE: This final sequence is quite long. Time the narration so you do not have a long silence at the end.

23 a. Short flash of canoeing party

walking along the towpath.

b. An athlete throwing the discus.

c. Two couples of college young-

sters toss rackets to determine partners in a tennis game.

d. They stop to measure height of net.

23 a. Well-nurtured children

become healthy and happy grown-ups.

b. An abundant and properly-balanced diet based on the foods just seen. . . plus plenty of sunlight and play. . .

c. And a due portion of the milk of human kindness, makes children grow into healthy, well-balanced, efficient citizens.

d. All the youngsters seen in these pictures have had such care. We must see to it that the boys and girls in our homes and on our playgrounds --

23 e. Two members of track team
wrestling.

f. Four scenes to close the
pictures:

1. Man and boy tossing wheat
sheaves into separator.
2. Man driving a steam shovel.
3. Mother putting children
to bed.
4. Group of student aviators
taking off.

23 e. have the inexpensive yet priceless
advantages these youngsters have
had; - - -

f. and are thus well-fitted to take their
places in the ranks of those who do
the everyday work of the world--the
work on which our national welfare
depends.

